

# Mablethorpe Primary Academy

To create a healthy, fruit or vegetable kebab skewer.

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



You should try to eat five portions of fruit and vegetables every day!



## Vocabulary:

Soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard.

Flesh, skin, seed, pip, core, slicing, peeling, cutting, squeezing, healthy diet, choosing, ingredients, planning, investigating, tasting, arranging, popular, design, evaluate, criteria, celebration.